



My e-learning day!

Today's Date

Breakfast

Lunch

Dinner

Morning Snack

Afternoon Snack

Off-Screen Play Times

Be Healthy

MIND - Brain Breaks and Mindful Activities

BODY - 30 Minutes of Vigorous Physical Activity AND
30 Minutes of Body Movement (60 Minutes Total)

Be Creative - What can I make today?

Be Helpful - How can I help at home today?